**With your Cohort Group, research ways students in Iowa and in the nation are contributing to their communities. Make a list of 10 possibilities you feel might meet your school and student needs and share with staff members.**

1. Help cook and/or serve a meal for homebound or elderly people.
2. Gather clothing from your neighbors and donate it to a local shelter or goodwill.
3. Make "I Care" kits with combs, toothbrushes, shampoo, etc. for a shelter.
4. Adopt a senior citizen"grandfriend" and write him or her letters and visit.
5. Go for a walk with a senior citizen in your community.
6. Deliver meals to homebound individuals.
7. Hold an afternoon dance for your local nursing home.
8. Teach a senior friend how to use a computer and the Internet.
9. Create a campaign to encourage biking and walking.
10. Make quilts or baby clothes for low-income families.